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U.S. Civil Air Patrol/Cape May



CAPE MAY COUNTY SQUADRON U.S. CIVIL AIR PATROL

SQUADRON

From the Commander

As we enter the New Year of 2008, it is time we take a moment to sit back and reflect upon what we have accomplished for ourselves in 2007. At the beginning of the year, I challenged each member to accomplish a goal for themselves. The question is, "Did you accomplish the goal you set for yourself?" Personally, I had accomplished almost every goal I set for myself, except 1, to complete Level III in my Professional Development tract. I was unable to complete the C.L.C. Course due to timing and other commitments this year.

As the New Year is upon us all, now is the time to set a personal goal or goals for ourselves to accomplish this year in C.A.P. My challenge to Cadets is to promote at least 3 times this year, to Cadet Officers, to complete 2 achievements this year. Finally, to our Senior Officers, to complete a Training Level this year and at least one Operations Qualification.

My personal goal this

year is to complete Level III by attending the C.L.C. Course and to become qualified as a Mission Scanner and Incident Commander (Level 3) this year.

In order to complete these goals, we must ask ourselves a couple of questions. What can I accomplish this year in C.A.P.? How can I accomplish this goal? And finally, what's next?

We have gained new members over the course of the year, almost an even number of cadets and seniors. Lets continue to actively recruit and promote the program. Remember, each member, from the Commander down to the newest Airman, is a recruiter for C.A.P. Speak with your friends, co-workers, teachers, and church groups about the benefits of membership, and the friendships we enjoy here at the squadron.

"SEMPER OPTIMUS"
Captain Kevin L. Barstow,
Sr.
Commander, NJ-009

A Note From the Cadet Staff

I hope all of you had a great Christmas break. But now it's back to CAP. I like the increased attendance and performance. Lets all hope we can keep it up. The harder you work, the more respect you will earn, and the more responsibility you will gain. All of the Cadet Staff were in your shoes at one time. Keep up the hard work and Semper Optimus.

**C/2Lt. Coleman Calhoun, CAP
Deputy Cadet Commander
Cape May County Composite Squadron**

Thank you to everyone who helped with **Wreaths Across America** this year. We hope to have an even bigger and better ceremony next year . This is an important event held nationally, to honor our Veterans for their sacrifices.



Upcoming Events:

19 January NJ Wing Review Board

Early February tentative date for Family and Friends

HAPPY BIRTHDAY!

Captain John Allegri
Captain James Troy
Captain Mindy McNicholas
SM Lance Williams
C/Amn Louis Sicilia



Welcome New Members!

C/AB Ryan Fontaine
C/AB Matthew Rickards

Anniversaries

Major John Sammons
2Lt. Sandra Kooker
C/A1C Jahquan Walker

Cadets,

First of all, I would like to welcome you to the New Year. Starting this year, I would like you all to study hard and progress as rapidly as humanly possible. In addition, CAP also requires you keep your grades up. This means you need at least a "C" average or a GPA of 2.0 (based on a 4.0 scale). If you should happen to make the honor roll, please tell us that we might print that in our newsletter. This year, I would also ask that you become very familiar with the chain of command and follow it to the letter.

On the matter of Communications training, I will ask the cadet commander to circulate a sign-up sheet for individuals that have not completed the Basic Communications User Training. The requirements are Cadet Airman and completing the OPSEC training.

Lastly, I would like to wish you all the best of luck this year, in both school and CAP.

Thank you,

Richard A. Simon II, 1Lt., USCAP
Cadet Leadership Officer



Wreaths Across America

Just a note from the PAO...

I hope everyone had a wonderful holiday! I know for me, the time off from work went very fast! The whole month of December went by very fast, with the Cape May Christmas Parade and Wreaths Across America. Thank you to all who were able to come out and participate. The gift exchange was fun at the holiday party. I hope you all liked your gifts - there was definitely a variety! Some of them were very funny!

We are working on a date and place for Family and Friends. As soon as I get a date and place, I will let you know. I will also be asking for help with refreshments for the night. Family and Friends is a nice night for Cadets and Senior Members to come out with their families, meet one another, and enjoy some good food, as well as recognizing some Cadets and Seniors for their hard work.

Cadet Kooker and I are still working on a bus trip to Washington D.C. for early March. Please let me know if you are interested. We'll need to be able to fill a bus to make it cost efficient and affordable. Family members are welcome to come also!

If you'd like to help out the squadron, we are always in need of office supplies and trash bags, as well as snacks and drinks for hungry, thirsty cadets and senior members! We welcome any help you can give!

If you haven't already, please check out our squadron's website—it has a lot of important information, including useful links and a calendar of

events:

<http://capemay.njwg.cap.gov/index.htm>

Don't forget to sign up for **NJCAP** if you haven't already. There is a link on our website. It is an important way to get updates from NJ Wing via email. Also, please check your contact info in **e-services** on www.cap.gov and make sure it's all correct, including your email. **NJCAP** will not work if your email is not updated and correct on the national database.



Our squadron has Squadron Challenge Coins available for \$20. They are really beautiful and make a nice keepsake.

Thank you,
2Lt. Sandra Kooker, PAO
ejsltb@comcast.net

Parents, we need your help! We always welcome parents who would like to join the squadron, either as a regular Senior Member or as a Cadet Sponsor Member. If that's not your thing, how about this—we are trying to start a booster club for the squadron. It will be the "Friends of Cape May County Composite Squadron." We will need parents who are willing to help out, and in particular, a parent willing to be the chairperson. Please contact me if you are interested, no experience necessary!

A Note From Supply

On behalf of logistics /supply, there are many changes in this upcoming year, and with the assistance of Major Ingling And 1Lt. Simon the squadron will be in good hands. At any time if you have a uniform question, please follow your cadet chain of command.

1Lt. Joseph Crandley
Assistant Supply Officer

Health Services

Winter is definitely upon us. The airplane is being pre-heated so that it remains mission ready, and we are winterizing our equipment. We should also recognize that we need to winterize ourselves to avoid illness or injury in the cold winter months. Following are a few tips to follow this winter.

Health & Safety Tips Staying Safe in Cold Weather

Exposure to cold can cause injury or serious illness such as frostbite or hypothermia. The likelihood of injury or illness depends on factors such as physical activity, clothing, wind, humidity, working and living conditions, and a person's age and state of health. Follow these tips to stay safe in cold weather:

- Dress appropriately before going outdoors. The air temperature does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite. Wind speed can create dangerously cold conditions even when the temperature is not that low.
- If possible, avoid being outside in the coldest part of the day, or for extended periods of time in extreme cold weather.
- Dress in layers so you can adjust to changing conditions. Avoid overdressing or overexertion that can lead to heat illness.
- Most of your body heat is lost through your head so wear a hat, preferably one that covers your ears.
- Mittens provide more warmth to your hands than gloves.
- Wear waterproof, insulated boots to help avoid hypothermia or frostbite by keeping your feet warm and dry and to maintain your footing in ice and snow.
- Take frequent breaks and stay hydrated.
- Get out of wet clothes immediately and warm the core body temperature with a blanket or warm fluids like hot cider or soup. Avoid drinking caffeine or alcohol if you expect you, or someone you are trying to help, has hypothermia or frostbite.
- Recognize the symptoms of hypothermia that can be a serious medical condition: confusion, dizziness, exhaustion and severe shivering. Seek medical attention immediately if you have these symptoms.
- Recognize frostbite warning signs: gray, white or yellow skin discoloration, numbness, waxy feeling skin. Seek medical attention immediately if you have these symptoms.

**Captain Richard Fellows
Health Services Officer**

Cadet In the Spotlight

- **Name:** *Dylan McLain*
- **School:** Homeschooled
- **Age:** 14
- **Grade:** 8th
- **Excuse me if I brag about:** My guitar skills
- **If I could invite four people to dinner, I would invite:** Ronnie van Zant, Al Collins, My youth pastor, and my girlfriend
- **And we would discuss (at dinner):** Music
- **If I could be invisible for one hour, I would:** freak my friends out
- **My favorite singing group:** Lynyrd Skynyrd
- **The one TV show I'm glued to is:** Dirty Jobs
- **If I could eat three things for the rest of my life, they would be:** Pizza, ice cream, and more pizza
- **The worst movie I ever saw was:** Journey to the center of the earth
- **The best movie I ever saw was:** Ghost Rider
- **The person I look up to most is:** My Dad
- **If I could have anything in the world, I would want:** A Maule Orion {plane}
- **My first real job after college will be:** Diesel Mechanic
- **You will never see me wearing:** A pink shirt
- **If I could change one thing about myself, it would be:** My vision
- **Where I'd like to be and what I'd like to be doing in ten years is:** Flying in the USAF
- **My goal in CAP is:** To advance through the ranks and training.

Cadet Dylan McLain shows off his bowling skills during our last night out in November at Mouse Trap



Cadets, if you are interested in Glider Flights, be sure to take the Wing Runner Course online. Find it at:

www.njwg.cap.gov

Look for Operations on the left, then Flight Training Courses and Tests, and SSF/CAP Wing Runner Course– then click on Wing Runner Course. After you take the test, print out your certificate and bring it to the squadron for your file.

From the Cadets

The NJ Wing Dragon Drill Team has started up again. This is my second year on this team. Along with myself, there is C/Calhoun and C/Rutherford. Last year the team won second place at the region competition. It involves dedication, motivation, and a great sense of teamwork. If mastering drill isn't your thing, we will help you accomplish this goal. We compete in volleyball, running, innovative drill, and we have a Wing Color Guard. If you have any questions about the team, go up the chain of command and ask.

C/2Lt. Michael Quinn

This past Christmas break was great. I got most of the gifts I wanted and had seen most of my family. I was glad to see most of my family and enjoy a good meal.

C/Amn Louis Sicilia

Over the past month, a few things happened. I rolled my ankle and cannot run. I swam in two swim meets and conquered my fear, finally. I received \$175 of iTunes cards.

C/AB Tim Fisher

The past month has been an outstanding experience for me. I participated in a program called Wreaths Across America. It's when we laid wreaths for the Navy, Army, Air Force, Coast Guard, POWs, and Merchant Marines. It was very cold but it was 100% worth it. I also applied for the Honor Guard Academy. Hopefully AI will make it in and improve my skills. So far so good.

C/SrA Dylan Rutherford.

Over this Christmas break my family and I went to Vermont for vacation. While we were there I went snowboarding at Okemo

Mountain. I had received a new board for Christmas and got to try it out. The first day it snowed and the conditions were great, and the next day was great. Southern Vermont received over 12 inches of snow which made for lots of powder. If you have never skied before, that means a lot of fun. Overall my vacation was great and snowboarding was even better.

C/Amn Joseph Papperman

Did you ever get something for Christmas you already had? Well, this time I got two of the same shirt, in ONE Christmas! I must admit they were different sizes, but I don't want to wear the same kid of shirt for 4 years in a row. Even better, someone gave me a book this year she gave me last year. So, instead of telling people what you want next year, tell them what they gave you last year.

C/AB Brendan Flynn

I got to go on an O-Flight the first of December; it was very fun, its cool to see the cape from the air. I was nervous when I got in the plane, but once I controlled it for a while I was fine. I also participated in the Wreaths Across America ceremony, that was an awesome experience, even though it was really cold that day. Some people have no idea or just don't care that there are men and women fighting and dying for their country, to protect our freedom, which some of us take for granted. I'm glad I'm in CAP.

C/AB Dylan McLain

During Christmas, I got an MP3 player, a sweatshirt, jigsaw, and a bunch of miscellaneous items. I had a lot of fun!

C/AB Ryan Fontaine

From the Cadets

Being a cadet officer is very different from being a cadet airman. First, I have found out that it takes much more work for each achievement as an officer than as an airman. I am studying from a completely different aerospace textbook, which is much more detailed than the old material. Also, I am learning from a new leadership textbook, and although the subjects are more interesting than before, they are also more difficult to fully comprehend. Even though passing each achievement is more difficult now that I am an officer, I feel like I am learning more about leadership than before.

In addition, I have also learned that being an officer carries much more responsibility, which can be difficult. As an officer, you must still understand basic concepts about drill, leadership, and aerospace. However, you will also have to know how to mentor and teach other cadets. Also, you will have to help plan the meetings, doing things such as scheduling classes and outside activities. Even though this responsibility can be demanding at times, it is rewarding to know that you are accomplishing something worthwhile.

C/2Lt. Tristan Kooker

I had a nice holiday this past Christmas. I had Christmas dinner with my family. I got to see my relatives from VA. I enjoyed the CAP Christmas party. I had fun, and I have learned more than I knew before in CAP. I liked the Wreaths Across America day at the veterans cemetery. There were 7 wreaths— U.S. Navy, U.S. Army, U.S. Air Force, U.S. Coast Guard, POW, U.S. Merchant Marine, and U.S. Marine Corps. I got to place the U.S. Marine Corps wreath on my grandfather's grave. I hope everyone has a happy New Year.

C/AB Matthew Rickards



The icy roads on the December's PT night forced us to change plans. Instead, the Cadet Staff encouraged team work with a squadron - square-push-up. Everyone found out how hard it is! Cadet Fisher holds the record for the longest time in push-up stance - 5 minutes! Way to go! Good job everyone!

